

Role of alexithymia in predicting psychological symptoms in patients with breast and prostate cancer

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*Abstract

Background: Identifying the psychological factors involved in psychological problems of patients with cancer is very important.

Objective: The aim of this study was to determine the role of alexithymia in predicting psychological symptoms in patients with cancer.

Methods: This cross sectional study was conducted in 102 patients with cancer selected by convenience sampling method in Ardabil during 2014. The measurement tools were the Persian version of Toronto Alexithymia Scale (TAS-20) and the Hopkins Symptom Checklist-25 (SCL-25). Data were analyzed using Pearson's correlation coefficient and regression analysis.

Findings: There was significantly positive correlation between alexithymia and all psychological symptoms. In regression analysis, alexithymia was predictor of all psychological symptoms.

Conclusion: With regards to the results, it seems that alexithymia is able to predict psychological symptoms. Therefore, paying more attention to psychological determinants in patients with cancer and providing appropriate treatment strategies can be effective to alleviate the mental suffering.

Keywords: Affect, Neoplasms, Psychological Stress, Psychology

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